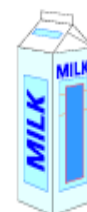
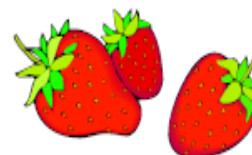


# Nifty Nutrients

## Nutrients!



Nutrients	Function	Food Sources
<i>Proteins</i>	Promote building and repair of body tissues (like muscle)	Meat, fish, poultry, eggs, dairy products, tofu, peanut butter
<i>Fats</i>	Supply energy and transport some vitamins	Cream cheese, butter, margarine, oils, bacon
<i>Carbohydrates</i>	Supply energy and fiber needed for digestion	Breads, cereal, fruits, vegetables, rice, pasta
<i>Vitamins</i>	Promote growth, good health, clear skin, appetite, digestion, and fight infection	Fruits, vegetables, dairy products
<i>Minerals</i>	Necessary for maintaining health, building strong bones and teeth, carrying oxygen to cells.	Dairy products, green leafy vegetables (like spinach)
<i>Water</i>	Part of all tissues; needed for digestion, lubrication of joints, and regulation of body temperature.	Most foods and all beverages



Source: Netx (Nutrition Education of Texas)

Developed by: Denise Zimmer, RD, *Eat Smart Be Smart Guide: Lesson Third Grade—Nifty Nutrients*

# Eat Smart Be Smart